

# The Lowell

NEW YORK

## Health Menu

### *Freshly Squeezed Juices*

orange, carrot, or grapefruit juice  
\$10

### *Açaí Berry Juice*

antioxidant and omega 3 fatty acid filled juice will boost your energy  
\$14

### *Protein 'Berry Blast' Smoothie*

50g of 'whey protein' as well as the berries' nutrients  
such as iron, magnesium and Vitamin B, C and K per serving,  
this smoothie provides the energy needed before and after your workout  
\$15

### *Yogi Mango Lassi*

this purée of mango and yogurt is loaded with vitamins, as well as power boosting protein and  
bone building calcium  
\$15

### *Refreshing Pineapple-Orange Juice with a Twist of Mint*

ideal to revitalize yourself with a boost of Vitamin C and calcium  
\$16

### *Organic Mango, Raspberry and Granola Parfait*

*topped with Non-fat Greek Yogurt*  
high in dietary fiber, protein, potassium, and Vitamin A & C to  
re-charge after an intense day or workout  
\$16

### *Grilled Organic Vegetable Platter*

*portobello mushrooms, asparagus, peppers, squash, zucchini marinated in pomegranate-balsamic  
vinaigrette*  
\$18

### *Mediterranean Turkey Pita*

*with tzatziki, broccoli sprouts, tomatoes and feta cheese*  
a wonderful source of dietary fiber and complex carbohydrates  
as well as magnesium  
\$28

### *Whole Grain Shell Pasta*

*with chicken sausage, broccoli rabe, in fresh tomato sauce*  
vitamins A and C, glucosinolates, filled dish that is high in fiber  
\$28

### *Honey Glazed North Atlantic Salmon*

*snowpeas, maitake mushrooms and carrots with sesame soy sauce stir fried*  
a great source of Omega 3 Fatty acid, as well as vitamin D, Vitamin A, Selenium, Zinc, Phosphorus,  
Calcium and Iron.  
\$30